

GETTING STRONGER

Keep track of your weekly weight selection. Simply write the weight found on one end of your bar using the terms XS, S, M, L and XL. For example, Legs might read 2x L, 1x M, 1xS

WEEK ONE

	WORKOUT 1	WORKOUT 2	WORKOUT 3
LEGS			
CHEST			
BACK & LEGS			
TRICEPS			
BICEPS			
MORE LEGS			
SHOULDERS			

WEEK TWO

	WORKOUT 1	WORKOUT 2	WORKOUT 3
LEGS			
CHEST			
BACK & LEGS			
TRICEPS			
BICEPS			
MORE LEGS			
SHOULDERS			

WEEK THREE

	WORKOUT 1	WORKOUT 2	WORKOUT 3
LEGS			
CHEST			
BACK & LEGS			
TRICEPS			
BICEPS			
MORE LEGS			
SHOULDERS			

WEEK FOUR

	WORKOUT 1	WORKOUT 2	WORKOUT 3
LEGS			
CHEST			
BACK & LEGS			
TRICEPS			
BICEPS			
MORE LEGS			
SHOULDERS			

WEEK FIVE

	WORKOUT 1	WORKOUT 2	WORKOUT 3
LEGS			
CHEST			
BACK & LEGS			
TRICEPS			
BICEPS			
MORE LEGS			
SHOULDERS			